Practice

Listening:

No.	Statement	Expected Answer	Evidence from the Audio
1	Excessive screen time can negatively affect students' learning.	**True**	*"Excessive screen time can negatively affect students' learning."*
2	Students usually spend all of their screen time studying.	**False**	*"Instead of studying, they often spend time on games or social media."*
3	Constant notifications can make it difficult for students to concentrate.	**True**	*"Constant notifications make it hard to stay focused on tasks."*
4	Using electronic devices before bed helps students sleep better.	**False**	*"Using screens late at night affects sleep quality."*
5	Managing screen time can improve students' academic performance.	**True**	*"It helps students improve their learning and academic performance."*

Speaking:

1. Which statement surprised you the most?
2. Why do you think many students spend too much time on screens?
3. Do you agree with the speaker? Why or why not?

Production

Listening:

No.	Statement	Expected Answer	Evidence from the Audio
1	Reducing unnecessary screen time can help students become more productive.	**True**	*"Managing screen time helps students improve their learning and academic performance."*

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No.	Statement	Expected Answer	Evidence from the Audio
2	Playing games and using social media during study time can reduce learning effectiveness.	**True**	*"Instead of studying, they often spend time on games or social media."*
3	Students should use their phones more often while studying because notifications improve concentration.	**False**	*"Constant notifications make it hard to stay focused on tasks."*
4	Poor sleep caused by excessive screen use may affect students' performance at school.	**True**	*"Using screens late at night affects sleep quality."* and *"Managing screen time helps students improve their learning and academic performance."*
5	Excessive screen time has no influence on students' daily learning habits.	**False**	*"Excessive screen time can negatively affect students' learning."*

Speaking:

1. Compare your True/False answers.
2. Explain **why** each false statement is incorrect.
3. Give one example from your own experience about screen time.
4. Suggest **three ways** students can manage their screen time more effectively.
5. Present your discussion to the class in **1–2 minutes**.

Students are expected to:

- State whether each statement is true or false accurately.
- Support their answers with evidence from the listening text.
- Express their own opinions using appropriate speaking expressions.
- Provide practical suggestions to reduce excessive screen time.
- Participate actively in pair or group discussions using clear and grammatically appropriate English.

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